

**How do our  
habits influence  
how much we  
eat?**

# How Much Are You Eating?

## Lesson In a Box

### Activity 2: Activity Sign

**¿ Cómo influyen  
nuestros hábitos  
cuando  
comemos?**

# How Much Are You Eating?

## Lesson In a Box

### Activity 2: Activity Sign

### Spanish

**MINDFUL**

**MINDFUL**

**MINDFUL**

**MINDFUL**

**MINDFUL**

**MINDFUL**



**DISTRACTED**

**DISTRACTED**

**DISTRACTED**

**DISTRACTED**

**DISTRACTED**

**DISTRACTED**

**DISTRACTED**





**CONSCIENTE**

**CONSCIENTE**

**CONSCIENTE**

**CONSCIENTE**

**CONSCIENTE**

**CONSCIENTE**



DISTRAÍDO

DISTRAÍDO

DISTRAÍDO

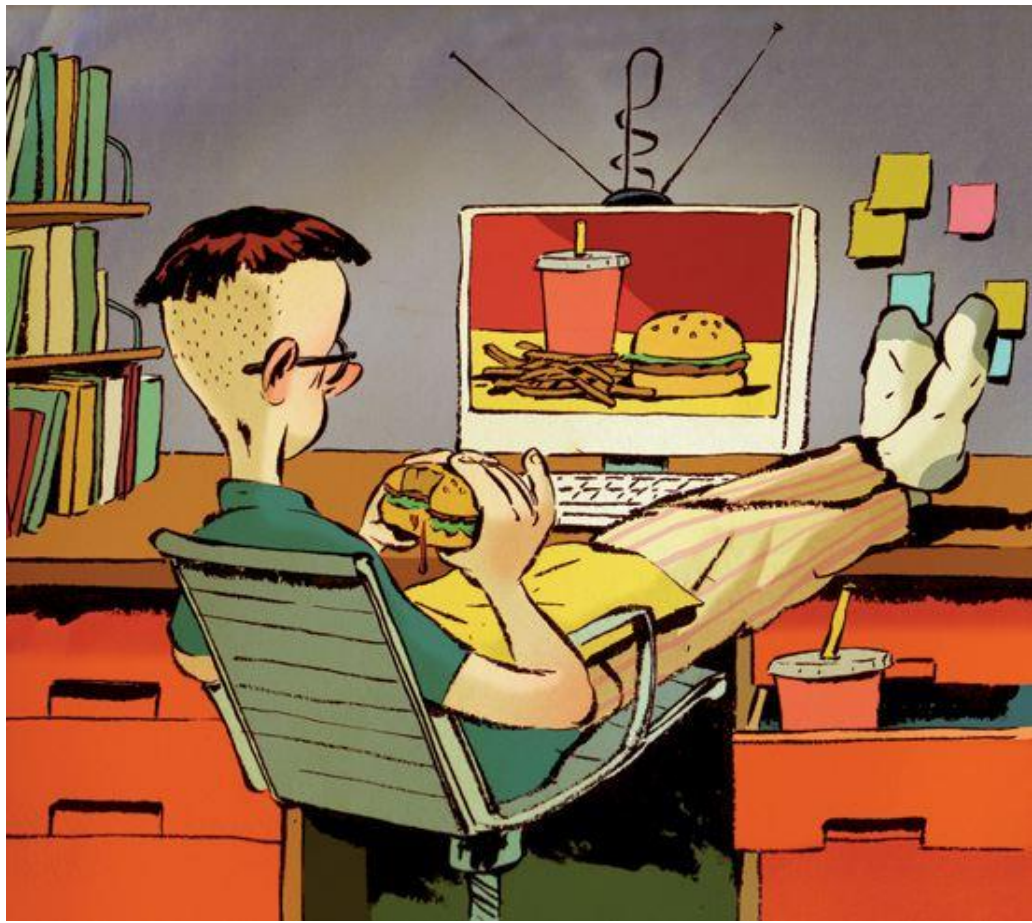
DISTRAÍDO

DISTRAÍDO

DISTRAÍDO

DISTRAÍDO





## Activity 2

### Eating at Computer Image

#### **DISTRACTED EATING**

Eating at Computer [Online Image]. (n.d.). Retrieved December 2, 2009, from nextnewnetworks.com, <http://www.nextnewnetworks.com/post/14476/where-tv-ads-really-resonate>

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## Activity 2

### Eating While Driving Image

#### **DISTRACTED EATING**

Eating While Driving [Online Image]. (n.d.). Retrieved Decembber 2, 2009, from smugbaldy.com <http://www.smugbaldy.com/2009/07/21/our-10-most-dangerous-foods-to-eat-while-driving/>

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## Activity 2

### Eating Lunch at Your Desk Image

#### **DISTRACTED EATING**

Eating at Work[Online Image]. (n.d.). Retrieved December 2, 2009, from workitmom.com, [http://workitmom.com/bloggers/problemsolved/files/2008/10/eating-at-work\\_small.jpg](http://workitmom.com/bloggers/problemsolved/files/2008/10/eating-at-work_small.jpg)

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## Activity 2

### Snacking at work

#### **DISTRACTED EATING**

Mindless Eating[Online Image]. (n.d.). Retrieved December 2, 2009, from loopland.net, [http://www.loopland.net/uploaded\\_images/\(c\)-Allan-Sanders-2009-DM-Cake-768306.jpg](http://www.loopland.net/uploaded_images/(c)-Allan-Sanders-2009-DM-Cake-768306.jpg)

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## Activity 2

### Family Sitting Down to Eat Together Image

#### **MINDFUL EATING**

Family Eating at the Table [Online Image]. (n.d.) Retrieved December 2, 2009, from  
thechefalliance.com,

<http://www.thechefalliance.com/cms/39>

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## Activity 2

### Sitting Down to Eat Breakfast

#### **MINDFUL EATING**

Sitting Down to Eat Breakfast [Online Image]. (n.d.) Retrieved December 3, 2009 from churchhillacademy.org,  
<http://www.churchhillacademy.org/files/images/Students%20Eating%20Breakfast.preview.JPG>

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## Activity 2

### Snacking in Front of the TV Image

#### **DISTRACTED EATING**

Eating in Front of TV[Online Image]. (n.d.). Retrieved December 2, 2009, from bloaterblog.com,  
[http://www.bloaterblog.com/images/couch\\_potato.gif](http://www.bloaterblog.com/images/couch_potato.gif)

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## Activity 2

### Family Enjoying a Picnic Meal

#### **MINDFUL EATING**

Family Picnic [Online Image]. (n.d.). Retrieved December 3, 2009, from i.ehow.com,  
[http://i.ehow.com/images/GlobalPhoto/Articles/2042700/picnic-main\\_Full.jpg](http://i.ehow.com/images/GlobalPhoto/Articles/2042700/picnic-main_Full.jpg)

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